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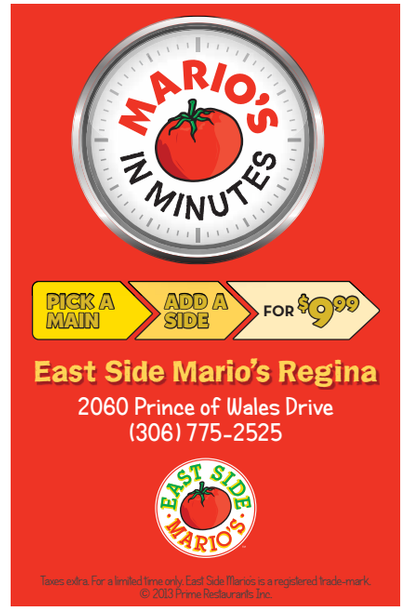
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Premier Brad Wall in his office at the Saskatchewan legislature on Monday. Wall says his upcoming trip to Washington, D.C., is about more than the Keystone XL pipeline. ROSS ROMANIUK/METRO

Trade mission is bigger than Keystone: Wall

Changing perceptions. Premier wants to try to clean up Canada's dirty-oil rep as he meets with U.S. lawmakers this week

MORGAN MODJESKI
Metro in Saskatoon

In an attempt to sway American lawmakers on the Keystone XL pipeline, Premier Brad Wall will be heading to Washington, D.C., on Tuesday morning.

On the trip, the premier will be meeting with various senators; members of Congress; Gary Doer, the Canadian ambassador to the United States; and Kerri-Ann Jones, assistant secretary of state for Oceans and International Environmental and Scientific Affairs.

Wall said he feels the trip is an important one for Saskatchewan and the country.

Making our case

"It's important for us as Canadians to make the case for the trade relationship, for our record on the environment, for the actual state of Canadian oil ... because it's bigger than just this pipeline. This is about the trade relationship. And that's part of our message when we're in Washington." Premier Brad Wall

"There's something else at stake here," he said.

"We've seen Canadian oil branded as dirty oil by environmental groups who, in many cases, I don't think, are fully informed about what's going on in their own country with respect to coal, or what's happening in other countries that sell America oil, in terms of their human-rights record."

Wall's trip also includes two keynote speeches, one at the Canada Institute of the Woodrow Wilson Center and the other at the Energy Council's 2013 Federal Energy and Environmental Matters Conference.

Alongside Keystone, the premier will also highlight some of the green initiatives happening in the province. WITH FILES FROM ROSS ROMANIUK/METRO

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Province says no to lowering drinking age

Remaining 19 years of age. Concerns arose about teenage alcoholism, drinking and driving

The Saskatchewan government has decided against lowering the legal drinking age to 18, even though some members of the government's own party want the change.

Donna Harpauer, minister responsible for the Saskatchewan Liquor and Gaming Authority, says people will still have to be 19 to drink legally in the province.

"There was arguments given quite compellingly on both sides," Harpauer said on Monday at the legislature.

"The general consensus, however, among the main stakeholder groups and the majority of the people who corresponded with my office or other MLA offices is that the legal drinking age in Saskatchewan should remain at 19 years.

"There have been many reasons provided as to why ... most of them centred, of course, around issues of young people drinking, and drinking and driving."

Harpauer said she heard from groups such as Mothers Against Drunk Driving, but the concern was also raised by the city of Prince Albert and northern communities, where there are problems with substance abuse.

Dale Larsen, of the Saskatchewan Association of Chiefs of Police, said the chiefs back the government's decision.

"We know that young people are already involved in a disproportionate amount of incidents involving alcohol, so allowing young people to legally consume alcohol earlier would only make it worse," Larsen said in a news release.

Manitoba, Alberta and Quebec have a drinking age of 18.

THE CANADIAN PRESS

Once upon a time

50

The legal drinking age in Saskatchewan dropped for 50 months in the 1970s, from June 1, 1972, to Aug. 31, 1976.

Hang on to that ID card

Border-hopping no reason to lower drinking age: Minister

Young people in Saskatchewan communities that are close to Manitoba and Alberta have been known to cross provincial boundaries to drink.

But Donna Harpauer, minister for the Saskatchewan Liquor and Gaming Authority, said the fact that neighbouring provinces have a lower drinking age is not "a compelling enough reason" for Saskatchewan to follow.

The question was being considered after delegates at the Saskatchewan Party's annual convention last fall voted in favour of reducing the drinking age by one year.

THE CANADIAN PRESS

Donna Harpauer, the minister responsible for the SLGA, tells reporters on Monday that the drinking age in the province will remain at 19 years. JEFF MACKEY/METRO

Police seeking 'people of interest' in inner-city fires

This home, at 900 Robinson St., was the first of three to be set on fire last week. ALYSSA MCDONALD/METRO

Regina police are trying to track down two "people of interest" in their investigation of an arson and two other fires that might have been intentionally set — all three blazes occurring in separate houses on one street in the inner city.

After confirming arson in a fire that severely damaged a vacant house following a break and enter at 1043 Robinson St. on Thursday night, Staff Sgt. Gord Pilon said police haven't determined whether a firebug is behind the "suspicious" blazes that tore through the other two houses on the 900-block of Robinson on Sunday and Monday nights.

"There are a couple of people we need to interview in regards to those fires," Pilon said on Monday.

"And at this point in time, we still have no information, no evidence to indicate that these fires are connected."

He declined to give details on the two people and their possible connections to the fires or the homes involved.

"It's still an open investigation," he said. "So we're not making a lot of comment on it right now."

The house at 1043 Robinson is vacant, though the two homes on the 900-block have tenants.

Pilon did not specify how the blaze at 1043 Robinson was set.

"Once these files are concluded and we close the investigation," he added, "we will send out a media release."

Pilon would not confirm reports that each of the fires caused more than $200,000 in damage. ROSS ROMANIUK/METRO

Currently on parole

Ex-priest gets house arrest for sex crimes

A retired Catholic priest has been sentenced to six months of house arrest after pleading guilty to sex crimes dating back more than 50 years.

William Hodgson Marshall, 90, pleaded guilty on Monday in a Windsor, Ont., courtroom to indecent assault involving two teenage boys in Saskatchewan in the 1950s and '60s.

Marshall is on parole after pleading guilty in 2011 to 17 counts of sexually abusing children while teaching at schools in Windsor, Toronto and Sudbury, Ont. After the term of house arrest, he will be on probation for 30 months.

About 70 people demonstrated outside the courthouse where Marshall appeared.

Protester Catherine Lewis said the church needs to be accountable.

"The church has to stop covering this up," she said. "We have to get this out loud and clear ... there are too many lives (that) have been ruined.

"These perpetrators have to pay for what they have done."

THE CANADIAN PRESS/CKLW

Indian Head

Boy in hospital after dog attack

An eight-year-old boy remains in hospital after being injured by a dog on Saturday near Indian Head.

RCMP spokesman Sgt. Paul Dawson said the boy was playing with other children when he got into a fenced kennel where a mixed-breed dog was being kept. He was taken by ambulance to a hospital in Regina.

Dawson wouldn't comment on the extent of the boy's injuries. He said the dog has not been destroyed so that public health officials can do tests for diseases, including rabies. "Whether or not the dog had any diseases of any sort ... may relate to the care of the child," he said.

RCMP in Indian Head are investigating.

THE CANADIAN PRESS

Dancing Down Under.
Australian miners fired over Harlem Shake video

Up to 15 miners were fired from their high-paying jobs in an Australian gold mine after a Harlem Shake performance underground was deemed a safety hazard, a newspaper reported on Monday.

A YouTube video shows eight miners wearing safety gear while performing the convulsive dance in the Agnew Gold Mine last week. The West Australian newspaper quoted a sacked worker who wouldn't give his name as saying up to 15 people were fired, including some who watched the performance but did not participate.

Mine owner Barminco considered the stunt a safety issue and a breach of its "core values of safety, integrity and excellence," according to a dismissal letter cited by the paper.

It's not clear from the video what safety issues are raised.

THE ASSOCIATED PRESS

Kenya. Election violence evokes past bloodshed

Kenya's presidential election drew millions of eager voters Monday, but the vote was marred by violence that left 19 people dead, including four policemen hacked to death by machete-wielding separatists.

Many feared the impending election results could spark another round of ethnic-related bloodshed. More than 1,000 people died after a 2007 vote.

A tally found that four police and three separatists died in Mombasa, while six government officials, four separatists and two civilians died in attacks near the city of Kilifi, all according to police and mortuary officials.

THE ASSOCIATED PRESS

Police hunt suspect in death of young family

Newborn lost. Baby delivered after parents were killed in car crash died early Monday

Members of Brooklyn's Hasidic Jewish community demand justice, a spokesman said. JOHN MINCHILLO/THE ASSOCIATED PRESS

A close-knit ultra-Orthodox Jewish community in Brooklyn was plunged into a new round of mourning Monday by the death of a baby who was delivered by cesarean section after his parents were killed in a hit-and-run crash a day earlier.

Police hunted for the suspected driver, identified as Julio Acevedo, saying he was barrelling down a residential street in a BMW at 100 km/h, twice the speed limit, early Sunday when he collided with a car hired to take the couple to the hospital.

The baby was buried near the fresh graves of his parents, Nachman and Raizy Glauber, both 21, according to Isaac Abraham, a spokesman for the Hasidic Jewish community. About 1,000 community members turned out for the young couple's funeral a day earlier.

The baby weighed only about four pounds when he was delivered, neighbours and friends said. He died of extreme prematurity, according to the city medical examiner's office.

Acevedo, 44, was arrested last month on a charge of driving while under the influence, and the case is pending. He served about a decade in prison in the 1990s for manslaughter.

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What does Canadian Tire think of Target's appearance north of the border? These signs, situated in the parking lot of the new Target store in Guelph, Ont., give a hint. DAVE CHIDLEY/THE CANADIAN PRESS

Surprise! Target opens doors early

Canadian debut. U.S. retail giant fast-tracks launch of three stores

Shoppers on the hunt for a bargain will get their first chance to see Target in Canada starting Tuesday as the U.S. retailer opens its doors north of the border at three locations.

The stores, situated in the southern Ontario communities of Guelph, Fergus and Milton, will serve as testing grounds for a phased rollout of the brand across much of the country later this year.

The three stores will begin welcoming customers Tuesday morning as part of the retailer's "soft launch" opening.

Another 21 stores will open this month throughout Ontario, though specific dates and locations haven't been announced. The chain's "grand opening" is still slated for April.

"We wanted flexibility to make sure we open when we are ready," said Target Canada president Tony Fisher as he took reporters through the Guelph store on Monday.

"It's important that we can test and work out any of the bugs and kinks that we might find."

Even Target employees didn't know until this week that the Guelph location was opening so soon, the company said.

Overall, Target is expected to open between 125 and 135 locations in Canada. After the Ontario roll out, Target will begin moving into provinces in the West and eventually into Quebec. None of those opening dates have been announced. THE CANADIAN PRESS

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Market Minute

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OIL $90.12 US (-$0.56)

GOLD $1,572.40 US (+10¢)

Natural gas: $3.54 (+8¢)
Dow Jones: 14,127.82 (+38.16)

Mortgages. Interest rates are expected to head south

Despite ongoing concerns about high levels of debt, analysts say interest rates in Canada are going nowhere except perhaps down — as demonstrated by one major bank's decision to shave the rate it charges for five-year mortgages.

The Bank of Montreal has dropped its posted five-year fixed mortgage rate by 0.10 points to 2.99 per cent in an effort to attract new borrowers ahead of the important spring real estate market.

Other banks may follow suit, although analysts note that many borrowers have been able to negotiate a 2.99 rate or lower even when the posted rate among major Canadian banks was at 3.09 per cent

The concern is that with teaser mortgage rates like the one announced Sunday by BMO, Canadians will continue to invest in real estate and push home prices up, with potentially dire consequences for the economy and homeowners.

In a statement, Finance Minister Jim Flaherty said he has taken several steps — including reducing the maximum amortization period to 25 years from 30 in July — to discourage marginal buyers from being lured into taking on a bigger mortgage than they can afford over the lifetime of the loan.

THE CANADIAN PRESS

Quoted

"As I have said repeatedly before, my expectation is that banks will engage in prudent lending — not the type of 'race to the bottom' practices that led to a mortgage crisis in the United States."

Finance Minister Jim Flaherty, in a statement Monday, warning banks to beware.

Energy drink debate

Monster says there's no proof 'caffeine toxicity' killed teen

Monster Beverage is hitting back at a U.S. lawsuit alleging its energy drinks were responsible for the death of a 14-year-old girl, saying that no blood test was performed to confirm that the girl died of "caffeine toxicity."

The disclosures come amid intensifying scrutiny of energy drinks and their caffeine levels. The suit filed last year by the family of Anais Fournier said the girl went into cardiac arrest after drinking two 680-gram cans of Monster drinks in a 24-hour period.

The U.S. Food and Drug Administration has also said it is investigating reports of deaths linked to energy drinks, including five that cite Monster beverages. The agency notes that the reports don't prove the drinks caused the deaths.

THE ASSOCIATED PRESS

THANKS FOR THE MAMMARIES

SHE SAYS

Jessica Napier
metronews.ca

The childhood adage that "my body's no body's body but mine" doesn't exactly hold up in a culture obsessed with judging other people's physical appearance. It seems our private bodies — and women's especially — have become a public commodity to be consumed, discussed and evaluated.

Much of the discussion around the recent Academy Awards broadcast focused on physical bodies rather than bodies of work. Host Seth MacFarlane dedicated an entire song-and-dance routine to breasts and then went on to praise the female celebrities in attendance for "contracting the flu" (i.e. starving themselves) in order to whittle their waistlines before the ceremony. Best supporting actress winner Anne Hathaway received much more attention for her nipples than her on-stage performance during the Les Miserables number. Similarly, in 2012 Angelina Jolie's right leg dominated the red-carpet conversation on screen and online; one year later there are still over 10 different Twitter accounts dedicated to her exposed limb, although the original @AngiesRightLeg account has since been shut down.

Lena Dunham, the creator and star of HBO series Girls, has been applauded and criticized for deliberately exposing her naked and normal-looking (gasp!) body in almost every episode of her hit TV show. Her unapologetically average flesh — Dunham actually happens to have some weight on her stomach, butt and thighs as opposed to 99 percent of the other women in Hollywood — takes centre stage in much of the discussion surrounding the show. Ballsy writing and generationally-poignant plot lines be damned, let's talk about her stomach rolls!

Of course, it's not just celebrities who are subjected to this form of superficial scrutiny; the media has a tendency to reduce public figures to, well, figures.

News stories about Michelle Obama spotlight her wardrobe choices, sculpted arms and recent haircut (bangs!), while Justin Trudeau's voluminous hair has even managed to secure its own Twitter account with over 1,000 followers.

There's no doubt that other people's bodies are fascinating, but it's scary to think that lustrous locks might help an ambitious politician become the next prime minister.

Twitter parody accounts that give individual limbs their own online personality might provide some cheap LOLs, but this relentless objectification of body parts demonstrates just how lazy our generation of smartphone-wielding armchair critics has become.

Sadly, it's just so much easier for us to admire Trudeau for his hair than educate ourselves on his policies or to gawk at Dunham's exposed butt than consider the implications of the sexual politics at work on her show.

When we focus our attention on a person's body — what it should look like and how much of it we want to see — we're not only ignoring more significant conversations, we're elevating the importance of the body and undermining the true value of the individual.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Earth's cut is the deepest

CONTRIBUTED

Scientists probe our planet

Scientists are boldly going deep, deep underground to study the movement of carbon kilometres below the Earth's surface. Early results from the historic 10-year, $500-million research project outline strange new worlds right out of science fiction: colonies of microbes millions of years old, hydrogen-eating life forms and natural gas seeping from chemical processes within the bedrock itself.

The discovery of vast reserves of buried carbon may suggest solutions to the climate-change crisis on the surface. And the Earth's deepest recesses also suggest how life might behave on other planets.

THE CANADIAN PRESS

It's volcanoes that spit it back

What Deep Carbon has found — so far — is that unimaginably huge amounts of buried carbon have been involved in an intricate and stately dance with life since almost the beginning of the planet.

As long as 3.8 billion years ago, biological processes were breaking down the young Earth's relatively uniform rock, concentrating their carbon and forming different rock types.

The slow drift of continental plates drives carbon-rich rocks from the surface deep underground. Eventually, that carbon comes back as erupting volcanoes belch carbon dioxide, linking the processes of the surface to underground. THE CANADIAN PRESS

Clickbait

From Timon and Pumbaa to Kung Fu Panda, there is nothing like a talking animal. These top animal Twitter accounts keep you updated on the latest from your furry or feathery friends.

@horse_ebooks
"I adore key limes and am always on the lookout for new ways" Inexplicably, this spambot set up to flog e-books has acquired over 150,000 followers. But follow and you'll see why — his/her zen-like tweets confuse and delight, even if they tend to cut off halfway for no reason.

@contrastamanda
"I just squirted 12.3 kgs of milk out of my teats in 5:44 minutes. What did you do today?" Amanda, a real-life Ontario cow, was hooked up to Twitter by her farm in 2010. Sadly, no moos have come from Amanda recently. We hope she hasn't gone to the giant steakhouse in the sky.

@50ShadesChicken
"It's not food porn till you get out the twine." Parody accounts on Twitter are a curious mixture of pain and pleasure, but this account for a best-selling poultry parody cookbook has even managed to entice users who haven't heard of the notorious E.L. James novel.

Twitter

@metropicks: See these city-living "penalty cards"? http://ow.ly/iblbu What sidewalk behaviour annoys *you* most? Tell Metro!

@Dragoniser: @metropicks Idiots on there cell phones not watching where they are walking.

@goodnighthush: @metropicks on rainy days when people walk under awnings with their open umbrellas not moving or adjusting for those without one.

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DVD review

The Master

Director. Paul Thomas Anderson

Stars. Philip Seymour Hoffman, Joaquin Phoenix, Amy Adams

Joaquin Phoenix plays raging id to Philip Seymour Hoffman's controlling ego in Paul Thomas Anderson's rich Freudian bromance. Circa 1950, Phoenix's Freddie Quell returns stateside as an alcoholic drifter following Second World War navy service. He meets by chance Hoffman's Lancaster Dodd, the smug, powerful and charismatic leader of a quasi-religion known as The Cause (read Scientology). The two vividly sketched characters engage in mind games as Dodd, whose minions call him The Master, attempts to redeem the fallen sailor — or is it the other way around?

PETER HOWELL

The Twilight Saga: Breaking Dawn — Part 2

Director. Bill Condon

Stars. Kristen Stewart, Robert Pattinson, Taylor Lautner

In this fifth and concluding chapter (finally!) of the young vampire romance franchise, a dreary series manages to find a pulse. It does so not through the drama, which is goofier than ever, but through comedy, some of which is actually intended.

PETER HOWELL

Star of Red Widow weaves a tangled web

Art imitates life. Radha Mitchell finds personal life parallels in her character in new CTV Two series

NED EHRBAR
Metro World News in Hollywood

Radha Mitchell comes to television with Red Widow, playing a woman forced to pick up her husband's criminal activities after he's killed. It's juicy stuff, to be sure, and just what the Australian actress — known for film roles such as Silent Hill, Finding Neverland and Man on Fire — had been looking for.

"Marta Walraven is pretty much my dream character to play," Mitchell says.

"Basically she's a woman who has been avoiding her criminal upbringing by living the life of a soccer mom and is suddenly dragged into a world that she's been trying to avoid pretty much her whole life when her husband is assassinated in relation to a drug incident. And in the process she discovers things about herself and talents that she didn't know she had."

Mitchell says she relates quite a bit to her character, though she's wary to get into specifics. "Well, I guess the parts that I relate to I probably wouldn't really want to share," she says with a laugh. "But in terms of being thrown into a situation, I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary. I came out when I was, like, 23 or something. I didn't know anybody and I was staying on my manager's couch. But it was probably one of the most exciting junctures in my life because, you know, it was all about what could happen. I mean it wasn't scary in the same way, but yeah."

So with a move to television — something very common for film actors these days — does that mean Mitchell's not looking for movies right now?

"I'm over films," she jokes. "I was actually sort of at this point in my life. And also, I feel like exciting characters are on television right now."

Red Widow airs on CTV Two on Sundays at 10 p.m. EST. HANDOUT

A whole new world

"I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary"

Radha Mitchell on relating to her character in Red Widow

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hollywood's next pint-sized power couple?

THE WORD
Dorothy Robinson
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In today's Lifestyles of the Rich and Famous: The Prepubescent Set, it looks like Jaden Smith, 14, and Kylie Jenner, 15, are going steady.

"They're dating," says a source close to Jenner. "It's new, but they've been friends forever."

Jaden, who was in London recently for Justin Bieber's 19th birthday party, took Jenner to Caffe Nero in London's Piccadilly Square on Sunday.

Jenner was previously dating Australian pop star Cody Simpson. So this is it. Welcome to your future:

We're going to be reading about who these two are dating for the next 30 years. Starting now. Horrifying, isn't it?

Biebs explains why he bashed his birthday

Justin Bieber is taking issue with reports that he had the "worst birthday" — as he referred to Friday's celebration via Twitter — because some of his friends were barred entry to the nightclub where he was celebrating.

"The funny moment when people believe I brought underage people to a club," Bieber says in a post on Instagram. "I love how the club wanted to give the press another reason to why we didn't stay at their weak-ass club so they wouldn't look bad for me walking in and right back out."

As for what was behind his enigmatic two-word tweet? "I said 'worst birthday,' but that was due to dummies pushing over my fans and being overly aggressive," he writes. "It wasn't the worst birthday because all my friends from back home flew in. I was just mad in the moment."

Ben Affleck ALL PHOTOS GETTY IMAGES

Move paps, get out the way: Ben and his space bubble

Ben Affleck is used to a certain amount of paparazzi attention, but sometimes enough is enough — like late last week when some photographers got too close for comfort around Affleck and his four-year-old daughter, Seraphina. The paparazzi reportedly swarmed the father and daughter outside of her school, according to Us Weekly. "She was asking for them to stop," a source says, adding that Affleck asked them numerous times to back off. "The paps said they needed to be 'that close.'"

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metro

The 50 Shapes Workout

Fitness. A new workout promises to get you toned and flexible enough to reenact the tricky sex positions in the Fifty Shades trilogy. Creator Kristen James explains how self-love, strength and stamina equals great sex

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Throughout the Fifty Shades trilogy, the main protagonists, Anastasia Steele and Christian Grey have "ridiculous, off the hook sex" every other day, Kristen James, the fitness trainer behind the 50 Shapes Workout tells Metro.

"I kept hearing women say, 'Who has the stamina or the flexibility for that kind of sex?'

"Anastasia wasn't just on her back. She was contorted all over the place."

But that's fiction. According to James, women are exhausted. "They don't have enough stamina in the bedroom."

James wanted her workout to help women look and feel better. "You should never have to turn the lights off during sex. I want them to develop the strength and confidence to reenact the crazy positions described in the books."

IN FOCUS: THE 50 SHAPES WORKOUT

The Pilates based exercises are designed to help you execute moves from the book. "The better you feel about your physical appearance, the more empowered and able you are to pleasure yourself and your partner," says James. "Over time, the workout will create long, limber muscles and help you bend over in a pair of really high heels."

Here's what it will help you achieve:

A strong core

With age, women tend to hold body fat around the mid-section. The stomach area is what women dread the most, explains James, but doing moves that work your core will tighten things up. "A man likes to grab on to a nice cushy bum. Not a flabby tummy. Develop your core strength here (abs, obliques, lower back) and everything becomes much easier to execute," she adds.

Your abs will be on fire by the time you're done with the workout.

A taut pelvic floor

Kegel exercises will intensify your orgasms, says James. "After childbirth, the muscle is all stretched out and women may become a little less sensitive. Your pelvic floor is a muscle. If you strengthen it by doing Kegels, it will get so tight and taut so that when you do reach climax — sensations will be 10 times more powerful."

Get started by doing three sets of 10 James' Seductive Squats a day.

Toned legs & bum

Doing the Lusty Lunges will target the little pockets of cellulite that tend to appear on the side of the thighs. The Bend Over Better move will tighten your glutes. Stick to the workout for 30 minutes, three times a week for "a better, bolder sex life."

To purchase the 50 Shapes Workout, go to kristenjamesfitness.com.

You don't say no to this personal trainer. THINKSTOCK

What to avoid

Foods and drinks that are NOT sex friendly

- **Wheat and any other refined carbohydrates (pizza, cake — all the white flour-based tasty stuff).** They will make your belly bloat.
- **Salad.** Bet you get all smug when you order salad on a date, thinking you're being super healthy. Unfortunately, raw fruit and vegetables tend to make us gassy. Aim for minimum roughage. Maybe go for a piece of fish and some asparagus.
- **Alcohol.** In the book, Anastasia Steele is always drinking — which is fine, but too much of it will numb your sexual response. One glass of wine is enough to heighten your senses.

Sample sexercises

Night moves

James says many of the exercises in the training program are moves that are already commonly part of workout programs.

"I just incorporated more flexibility training and core strength. All you need is a mat and chair. And a bed for later."

Seductive Squats

Stand with your feet wider than hip width apart and turn your toes out 45 degrees. With a neutral spine, elevate up onto your toes and lower your hips down to knee height. As you return up, perform one Kegel contraction.

Bend Over Better

Stand with your feet hip width apart, toes facing forward. Soften your knees. With your back flat, extend forward touching your toes. As you rise, elevate up onto your toes and extend your arms overhead.

Lusty Lunges

Stand with your feet wider than hip width apart and your toes facing forward. Lunge to the side deeply into one leg being sure to sit back into your glutes as you descend. Reach for your toe with the opposite hand as your other arm reaches overhead allowing for some rotation to your spine. Alternate side to side to complete the set.

Dirty Diamonds

Lie on your back with your legs extended up overhead at 90 degrees. Allow only your heels to touch, extending your toes out to a 45 degree angle. Lower your knees and allow them to drop out to your side as low as they can go. As you extend them back up to the ceiling, lift your tailbone straight up, contracting your abs — be sure to perform one strong Kegel at the top of every movement.

Stuff salmon to perfection with olives and tomatoes

ROSE REISMAN
for more, visit
rosereisman.com

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This olive and sun-dried tomato mixture is incredible with salmon, but it also goes well with halibut or sea bass.

If you don't have both types of olives on hand, remember that green have a more intense flavour and black are milder. If you like, add some thinly sliced olives as a garnish.

Ingredients

- 3 tbsp chopped black olives
- 3 tbsp chopped green olives
- 3 tbsp chopped rehydrated sun-dried tomatoes
- 2 tbsp seasoned breadcrumbs
- 2 tsp olive oil
- 1 tsp crushed fresh garlic
- 1 tsp Dijon mustard
- Four 4-oz skinless salmon fillets
- 3 tbsp chopped fresh parsley

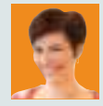
1. Preheat the oven to 425 F. Spray a baking sheet with cooking oil.

2. Finely chop the olives, sun-dried tomatoes, breadcrumbs, oil, garlic and mustard, either by hand or using a small food processor.

3. Make a 1/4-inch vertical slit through the top of each salmon fillet to within 1/4 inch of each end. Divide filling and stuff the fish. Bake in centre of the oven 10 minutes per inch of thickness. Garnish with fresh parsley. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Caviar of the people



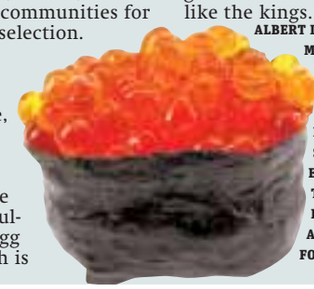
NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Caviar is an exclusive delicacy of fish eggs from sturgeon fish but there are other fish roes equally high in taste, vitamin B12, fat soluble vitamins including the nutrient du moment, vitamin D.

Culinary cultures from all over the world have made use of the roe from more plentiful cod, lumpfish and mullet. Search in French, Italian, Greek or Asian communities for the best selection.

- Poutargue is a Marseille, France specialty making use of the entire mullet fish egg sac which is salted, pressed and cured just like an Italian Prosciutto. It is meant as a thinly sliced garnish and is outstanding.
- Taramasalata is the Greek dip made from mashed potato, cod roe, olive oil and lemon juice.
- Lumpfish roe is the larger orange eggs found on sushi. Its bright orange colour and very salty pop add dimensions of flavour.

Fish eggs are highly salted and naturally high in cholesterol, but they are most often only enjoyed in small amounts as garnish. Go ahead, dine like the kings.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Asian Steamed Clams with Broccoli Rabe

1. In saucepan, heat oil over medium high. Add ginger, scallions and garlic and sauté 1 minute. Add chili sauce, white wine, chicken broth and clams. Cover tightly and cook until clams start to open. As they open, transfer clams to bowl. It will take 10 minutes for all clams to open. Discard any clams that do not open.

2. Keep saucepan over medium heat. Return clams and any liquid in bowl to pan. Add broccoli rabe, then cook just until heated through. Add sesame oil and stir well. Divide clams and broccoli rabe, along with the cooking liquid, between 4 shallow soup bowls. Serve each bowl with a few slices of toasted bread and a soup spoon. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 2 tbsp vegetable oil
- 1 tbsp grated or finely chopped fresh ginger
- 1/2 cup finely chopped scallions (white and green parts)
- 3 large cloves garlic, minced
- 1 tsp Chinese chili sauce
- 1/2 cup dry white wine
- 1/2 cup low-sodium chicken broth
- 3 dozen littleneck clams, scrubbed well
- 3 cups blanched and coarsely chopped broccoli rabe
- 1/2 tsp sesame oil
- 8 thick slices country-style bread, toasted

Noodles and noodles of yum

The noodles in this Shrimp and Shiitake Noodle Stir-Fry are a fun and approachable dish for a busy weeknight.

1. Bring a large saucepan of water to a boil.

2. While the water heats, in a large deep skillet or a wok over medium-high, heat the oil.

3. Add the onion and sauté for 4 minutes, or until tender. Add the mushrooms and cook for 6 to 7 minutes, or until browned and tender. Add the red pepper and cook for 2 minutes. Just after adding the red pepper to the pan, add the noodles to the boiling water. Cook for 2 minutes, or until just al dente.

4. After 2 minutes, use tongs to pull the noodles out of the boiling water and add directly to the wok. Add the shrimp, oyster sauce and soy sauce, then toss well. Cook until heated through and the noodles have finished cooking, about another 3 to 4 minutes. Toss with the sesame seeds and scallions. THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp sesame oil
- 1 small sweet onion, sliced
- 7 oz shiitake mushrooms, stems removed, thinly sliced
- 1 red bell pepper, cored and thinly sliced
- 9 1/2-oz package thick Asian-style noodles, such as udon
- 1 lb small shrimp, cooked and peeled
- 2 tbsp oyster sauce
- 3 tbsp low-sodium soy sauce
- 1 tbsp toasted sesame seeds
- 1/4 cup thinly sliced scallions

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Savouring family dinnertime

The chef. Metro talks to Vikram Vij about eating with your kids and his upcoming online cooking show

THERESA ALBERT
life@metronews.ca

Vikram Vij, an award winning chef in Vancouver, wants to help you find time for family meals. His mission starts in the form of Canada's first live online cooking show.

His simple Indian meal is family friendly and he will show you step by step in a cook- along live video broadcast with Metro at metronews.ca/vijcooklive this Thursday at 6 p.m. ET.

Better yet, questions can be tweeted live during the show using the hashtag #vijcooklive.

Vikram Vij with his wife Meeru Dhalwala. PROVIDED

Did you grow up eating with your family? In Canada?
I grew up in India and left home at 19. There, it was a cultural routine to have family dinner because my dad was very strict and he insisted on dinner at 8 p.m. every possible night. Even at 17 years old, when I had plans to go out and eat with friends, he would insist that we sit and listen to talk. At the time, it seemed too strict but my father wanted to connect with his family and it taught me not to gallivant like some of my friends were, which kept me out of trouble. Now as a parent myself, I can't do this every night, but on my days off at home it is a more formal affair on Sundays and Mondays where the kids set the table and we cook, savour and appreciate.

How old are your kids?
My children are now 14 and 16 and I find I learn a lot around the dinner table just listening to them talk to each other about their lives and their friends. There is also an opportunity to model moral lessons. It is an osmosis process. They see everything in the interaction between the parents. I learned social lessons at the dinner table watching my father dominate my mother, who was a typical Indian woman. I learned to protect my mother when she needed it. Kids learn to resolve conflict in this setting and remove themselves from it when it isn't appropriate for them to be involved. Eating together keeps people interacting and that is an important part of life.

Is this a job, career or mission?
Feeding people has deep roots of awareness of cuisine and culture for me growing up in India. I love Canada, it is my home now, but sharing my homeland is a passion. More than anything, eating together is important, but in my culture, we serve food as a symbol of sharing. It is a mission and goal to get kids eating real food and to get families talking again.

What is so great about eating with the family? Most families bicker!
What's wrong with slight bickering? If you are using pots and pans in the kitchen, it's going to make noise. If you have people coming together, they are going to make the same noise. It's natural. That's what life is all about. The problem happens when the noise becomes too loud, but people have to understand how to handle that too. You can't be fearful of the discussion. I would rather have someone to bicker with than be alone and eating. Humans need to discuss and debate, it's natural.

What's your take on picky kids? Is it a North American phenomenon?
My dad was the child at the table because he didn't like spicy food, but for me, I always wanted it spicier. Now, one of my children doesn't like spice. I find that funny. The thing parents need to be sure of is that kid's bodies will tell them to eat. They will eat what is put there. The only trick is to slowly integrate flavours into the meals and get them accustomed to it. It builds cultures to share food and experiences. In this world, we need to have friendships among cultures. It increases the tolerance level of differences.

How many families do you know who are all home at the same time? Are we being impractical?
Listen, family meals don't mean that you have to be all together all the time. The effort needs to be made, that's it. The physical art of being together in the room, sharing food simply needs to be a goal. Split shifts can work, come back to the table for a cup of tea and talk. Or it can be lunch or breakfast. Let's communicate.

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Can everyone accomplish this?
I think it is possible for us to go toward the goal. Set a goal. As long as it is in your head, you will stay on track. It is the idea that is important. Abolishing of slavery was just an idea at first. Anything can happen if you stay focused. This is not a solution to any of the problems, it is more about communicating with each other. Food is the most important common denominator. ... Involving the kids at every step of the way is important because it keeps the whole community together.

What about using shortcuts or prepared products?
We don't all have to do everything ourselves. What's wrong with letting someone else pick, shell and package the finest peas for you? Shortcuts are fine if they are really good quality. The best shortcut there can be is to have kids help. In Indian or Asian cultures, where eating together is the norm, you had help of family or servants. Cooking is a lot of work, we don't have servants anymore ... now we have kids.

Cooking with Vij

- Want to cook along with Vij? A complete shopping list and the recipes for his online cooking show are available for download at metronews.ca/vijcooklive.
- Remember to go online Thursday at 6 p.m. ET for Canada's first live online cooking show.

Never, ever gamble with your nest egg. ISTOCK IMAGES

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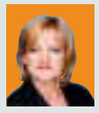

YOUR MONEY
Alison Griffiths
money@metronews.ca

A Vancouver acquaintance recently told me about his financial mess. He had owned a condo, which he loved, in Vancouver near foodie heaven, Granville Island.

During the rising market he decided to buy down and put a big chunk of cash into his thin retirement savings.

The moment he put the condo up for sale last spring, the market softened. He gambled by purchasing a cheaper condo, which had just dropped significantly in price.

His reasoning was that he got such a good deal on the purchase he could afford to take less on the sale of the existing condo and still come out ahead financially.

But prices softened again and as a result he owned two condos in a falling market. Eventually he was forced to sell the condo he loved to pay for the one he didn't. Worse, he didn't pocket any additional cash. Now at the age of 59 he feels he's ruined his future.

What's the lesson here? First and foremost, protect what you've got, particularly as the years roll on, because you have less time to recover losses.

In numbers

33%

33 per cent of Canadians don't believe they have enough saved for retirement.

A new Investor Education Fund (getsmarteraboutmoney.ca) study showed that half of those over 50 believe they'll run out of money in the first 10 years of retirement. It isn't easy for the average person to put together a nest egg, be it a savings account, equity in a house or business, or a pension. Never, ever gamble with your nest egg. I had a prime example of how that mindset worked growing up.

My dear departed dad wasn't a genius with money, but he had one great asset, a civil service pension. He protected it as one would a baby. Even during the family's hard times when he lost his job and subsequently returned to school, he resisted the temptation to cash it in.

Bear in mind, back in the 1970s and '80s many took pensions for granted. Cashing in didn't seem like such a big deal. Thanks to his vigilance, he ended up with a comfortable retirement even though he still had a mortgage.

Learn from my Vancouver friend and my dad. Safeguard savings or home equity and never gamble with them for any reason.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

BRUSH UP ON A NEW CAREER

AT THE REGINA TRADES & SKILLS CENTRE

ISTOCKPHOTO/THINKSTOCK

Whether you are looking to hire a skilled tradesperson, or become one yourself, the Regina Trades & Skills Centre can help.

At RTSC, you can get the entry-level training you need to build a career in the trade that interests you most. RTSC offers courses lasting between eight to 12 weeks, combining classroom study with hands-on instruction in a workshop. Each course concludes with a two-week work experience component, allowing you to demonstrate your skills for a real employer.

If you are a young person with limited work experience in the trades, RTSC can teach you the foundational skills you need to get started.

"Most of our students are between the ages of 17 and 30," says Armand Martin, executive director. "But the training we provide is equally valuable to students in their 30s, 40s, or even 50s. This is because we teach skills the industry tells us it needs. By adjusting our course offerings to reflect the current marketplace, we ensure that all our graduates, regardless of their degree of life experience, have a chance to find the jobs they're looking for."

You don't need prior experience to enrol in one of these courses — just a willingness to learn.

Online registration is now open for the customer service representative, painting, introduction to general carpentry, and basic scaffolding courses.

If you are an employer, RTSC's strong relationship with industry benefits you, too. The centre can, for example, design courses to help your employees upgrade their skills. And should you wish to employ a student in their last two weeks of study, you will be adding someone with up-to-date knowledge and a lot of enthusiasm. To find out how, phone 306-337-0533, or simply visit the facility, located at 1275 Albert St., in Regina.

If you do visit, you will see a brand-new building specially designed to meet the needs of RTSC faculty and students. It boasts five classrooms, along with five workshops, each 1,945 square feet, with 21-foot high ceilings. These workshops are multi-functional, allowing RTSC to adapt them for new courses being offered.

For more information, visit reginatradesandskills.ca.

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Manitoba skip Jeff Stoughton earned an Olympic trials berth well before the Brier. JONATHAN HAYWARD/THE CANADIAN PRESS

Curlers brush up for Olympic trials berth

Brier. Martin, Howard, Stoughton the only men's teams to have locked down spots at trials so far

There's a subtle class system at the Canadian men's curling championship.

There are the three men's teams that already have an Olympic trials berth, and the others are scrambling to join them.

The trials that will determine Canada's men's and women's curling teams at the 2014 Olympic Games in Sochi, Russia, are scheduled for Dec. 1-8 in Winnipeg. Eight men's and eight women's teams will vie for the right to wear the Maple Leaf in Sochi.

Alberta's Kevin Martin, the reigning Olympic men's champion, Ontario's Glenn Howard and Manitoba's Jeff Stoughton, who are coincidentally the favourites to win the Tim Hortons Brier this week, have their trials berths locked down.

On the women's side, Manitoba's Jennifer Jones, Alberta's Heather Nedohin and Saskatchewan's Stephanie Lawton have filled three trials spots.

Three more men's and three more women's teams will be determined by May 1, which puts pressure over the final weeks of this season on teams with Olympic aspirations.

The remaining four — two men's and two women's teams — will come out of a November pre-trials event in Kitchener, Ont.

Stoughton punched his direct ticket to trials by winning the Canada Cup in December. The Winnipeg skip says it felt like a burden lifted.

"We had talked over the summer that our No. 1 goal was to get to the trials as soon as possible," Stoughton said. "It was a great feeling to be able to pull something off like that and a huge relief when it was done.

"It took some of the pressure off where we could just try and perform. Once we got the trials spot, we re-jigged our goals for the rest of the year."

THE CANADIAN PRESS

How do they qualify?

- Teams accumulate points from their results at World Curling Tour events and provincial, national and world championships and are then ranked in the Canadian Curling Association's Canadian Team Ranking System. Howard's team, for example, topped the CTRS in 2011-12 to get into the trials.
- Howard won both the Canadian and world titles last year, which contributed big points to his total.

NFL

Ravens sign Flacco to $120M deal

Baltimore Ravens quarterback Joe Flacco signed a new contract Monday worth $120.6 million US over six years, making him the highest-paid player in NFL history.

Joe Flacco
GETTY IMAGES FILE

The Super Bowl MVP will receive a $29-million signing bonus and $52 million in guaranteed money. He will be paid $51 million over the first two years of the deal.

Flacco, 28, threw 11 touchdown passes and no interceptions during the recent post-season and led the Ravens to a 34-31 Super Bowl win over San Francisco.

THE ASSOCIATED PRESS

NHL

Draft lottery system revamped

The NHL is increasing the number of teams eligible to make the No. 1 pick in its draft to 14, and announced that all seven rounds of the draft at the Prudential Center will take place June 30.

The league announced Monday that all 14 teams that miss the playoffs, or the teams that hold the rights to the top 14 picks, will be eligible for the No. 1 draft pick.

Under the previous lottery system, the five teams with the fewest points had the opportunity to win the top selection since no team could move up more than four spots.

THE ASSOCIATED PRESS

Cincinnati Reds first baseman Joey Votto will be in Canada's lineup during the World Baseball Classic.
CHRISTIAN PETERSEN/GETTY IMAGES

Votto packs his bags to play in WBC

Joey Votto wanted to say sorry, but only for making everyone wait on the best news Canada has had ahead of the World Baseball Classic.

The Cincinnati Reds first baseman will be in Canada's lineup after an uncertain spring training kept him from committing to the international tournament. Votto missed 48 games last season with a knee injury, but on Monday he finally put to rest fears that Canada would be without the heart of its offence.

"I was very clear to everyone that I needed the games to make sure my knee was healthy and heading in the right direction," he said at Reds training camp. "I feel confident in it and confident in my commitment. I feel I can comfortably play."

The Toronto native needed to be sure of that before saying yes to Canada.

"I've never been hurt before," said Votto. "I wanted a little more of a grace period before the tournament to make sure I'm ready for my primary commitment to the Cincinnati Reds."

THE CANADIAN PRESS

Prior bad news

Earlier Monday the Canadian team learned Chicago White Sox reliever Jesse Crain was out with a shoulder injury, leaving the bullpen without a veteran arm.

- Last week, Pittsburgh Pirates catcher Russell Martin opted out of the roster.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Whatever goes missing from your life today is something you can well do without, so wave it a fond farewell and turn your attention to more urgent matters.

♉ Taurus
April 21 - May 21
A barrier of some kind may be imposing but you can find a way around it if you try. Stay calm, be patient and look for the key in areas you would not usually consider — that's where it's most likely to be.

♊ Gemini
May 22 - June 21
Do you listen to a friend's advice or do you listen to an expert stranger? Maybe it would be better if you listened to no one's advice but your own. What does your inner voice tell you? Act on it.

♋ Cancer
June 22 - July 23
Be blunt with a partner who is clearly taking liberties. You may not want to hurt their feelings but it would appear they are too thick-skinned to take a subtle hint — so give it to them straight.

♌ Leo
July 24 - Aug. 23
Don't choose the easy option today just because it seems quicker. Appearances can be deceptive and you may wish you had taken more care, devoted more time and done a proper job the first time.

♍ Virgo
Aug. 24 - Sept. 23
Raise your game today. You may not be the most outgoing of people but you have what it takes to make a name for yourself. Over the next 24 hours, you'll get the chance to shine. Don't waste it.

♎ Libra
Sept. 24 - Oct. 23
No matter how busy you may be, you must make time for partners and loved ones. Someone close is desperate for your attention, so put aside what you are doing and let them know you still care.

♏ Scorpio
Oct. 24 - Nov. 22
Something you say could be taken the wrong way and provoke a reaction. This is the kind of situation that could escalate rapidly, so it might be wise just to apologize.

♐ Sagittarius
Nov. 23 - Dec. 21
Your instincts should be telling you that the best way to deal with a difficult situation is to leave well alone. That applies especially to ego clashes.

♑ Capricorn
Dec. 22 - Jan. 20
An important relationship may be under some stress but don't worry about it. The planets suggest that everything will work out for the best in the end, so forget it and focus on more enjoyable things.

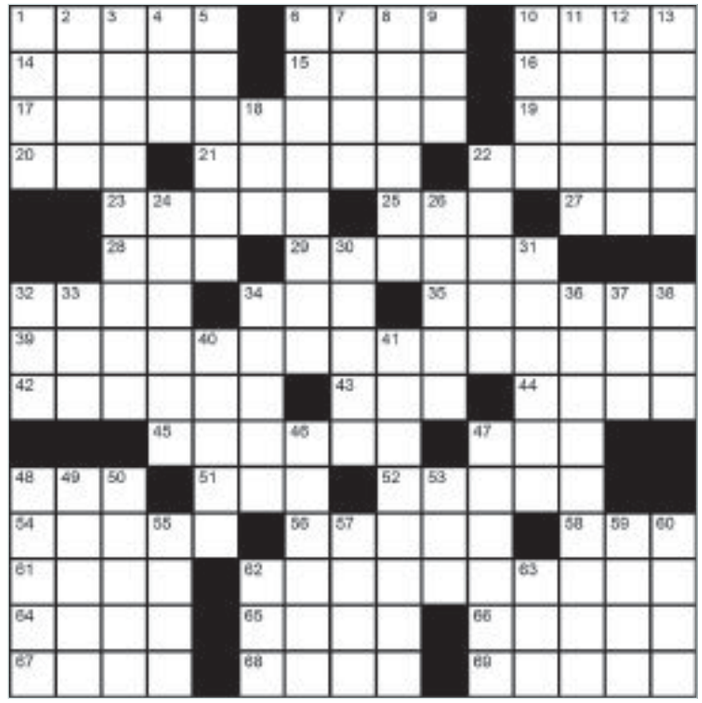
♒ Aquarius
Jan. 21 - Feb. 19
There are so many things you want to do yet so few things you can do, which is no doubt frustrating. Your time will come, so stick with it. As always, everything will change when you least expect it to.

♓ Pisces
Feb. 20 - March 20
Why are you tempted to grab what you can and make a run for it? Maybe it's because you can sense that time is winding down and if you don't do something soon the chance may pass you by. Maybe you're right.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



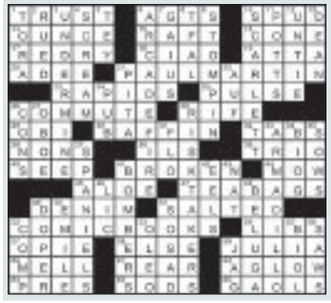
Across

1. Most read national daily newspaper in Canada
6. Noon: French
10. Red Serge force, commonly
14. Love: French
15. Gulf of __ (between Somalia and Yemen)
16. Eurythmics' "Would _ __ to You?"
17. Big screens at sporting events
19. Mr. MacDermot (Canadian composer of Hair)
20. Beast of burden
21. "Push" band from Vancouver
22. __ and Shuster
23. "Have _ __." (Relax)
25. __ _ disadvantage
27. Church speech, for short
28. Intl. commerce group
29. "Where's that map?!": 2 wds.
32. "...so long __ __ both shall live?"
34. Granny: German
35. Pineapple: French
39. Toronto's plays/musicals area: 2 wds.
42. Toronto's St. Lawrence __
43. 0 Meridian letters
44. Company dept. heads
45. Lug along, variantly
47. "Go team!"
48. Reserved
51. Bien __, Vietnam
52. Pilot's button
54. Poet W.B.
56. Nobleman
58. Antonio's "Evita" (1996) role
61. Old Scandinavian symbol
62. In Ontario on Lake Huron, it's the world's biggest lake island
64. Pottery pieces
65. Volcano in Sicily
66. Downloaded-from-Apple song
67. Shar-__ (Some dogs)
68. Lang. of Rome
69. Concrete-strengthening rod

Down

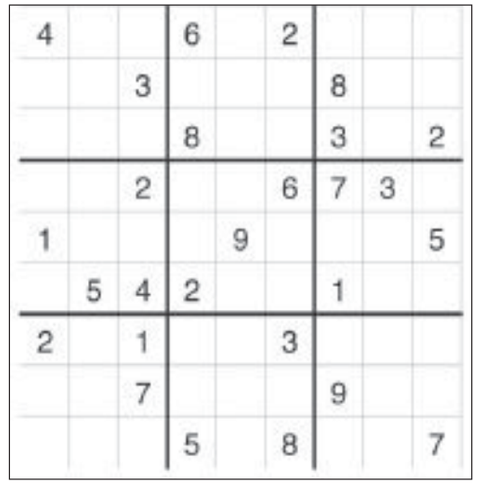
1. Goya painting, The Naked __
2. Ostrich-like birds
3. Rush song: 2 wds.
4. Chafe
5. "_ __..." (Start of Juliet's famous line)
6. __ Provinces
7. Wedding vows: 2 wds.
8. __ floss
9. Advantages
10. Latvia's capital
11. Singer Mr. Aiken's
12. Author A.A.
13. __, Paul and Mary
18. "Prelude __ _ Kiss"
22. "Hmmm, I __ aware of that."
24. Grill servings
26. Breakfast serving
30. Madonna's nickname
31. Runway surface
32. Li'l bank-in-the-wall
33. Doo-Wop music syllable
34. Prefix to 'dontist' (Braces giver)
36. Bouncer's workplace
37. SNL or NASA, e.g.
38. Haloed humans, for short
40. Comp. help givers
41. 'I' of CIBC
46. Canadian brewer
47. Impressionist painter
48. Maple product
49. "Quelle __ est-il?" (What time is it?)
50. New Age musician
53. Quickly write down
55. D'Urbervilles heroine
57. Tolstoy's __ Karenina
59. Susan Aglukark's "__ Na Ho (Celebration)"
60. Vitality [abbr.]
62. "Help __ _ think I'm falling..." - Joni Mitchell
63. 'Comp' completer (Calculate)

Yesterday's Crossword

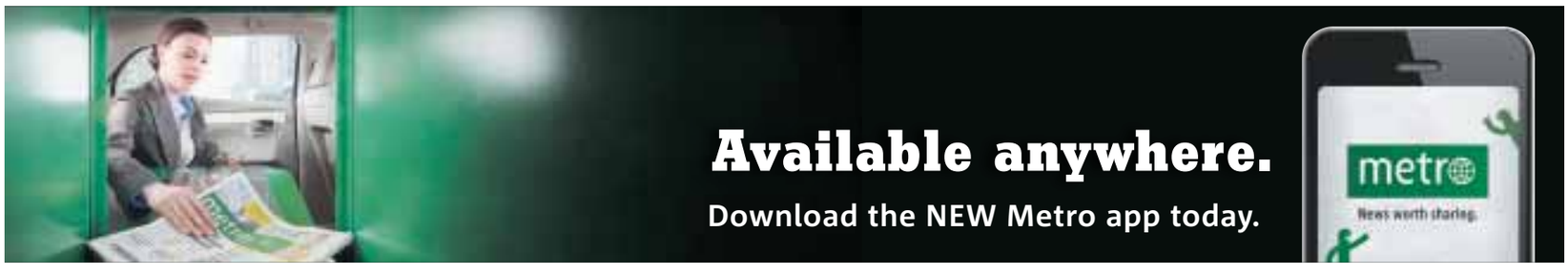


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



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